## CLAIMS

What is claimed is:

- 1 1. A fiber optic module comprising:
- a pull-lever actuator to disengage and withdraw the fiber
- 3 optic module from a cage assembly; and
- one or more electro-optic transducers to convert optical
- 5 signals into electrical signals or electrical signals into optical
- 6 signals.

- 2. The fiber optic module of claim 1 wherein, the pull-lever actuator is activated to disengage and withdraw the fiber optic module by a single downward pull action.
- 3. The fiber optic module of claim 1 wherein, the pull-lever actuator to lever a release latch and pull out on the fiber optic module.
- 1 4. The fiber optic module of claim 3 further comprising:
- a catch to engage the release latch of a cage to retain the
- 3 fiber optic module therein.
- 1 5. The fiber optic module of claim 1 further comprising:
- one or more electrical contacts to couple to one or more
- 3 electrical contacts of a host printed circuit board.
- 1 6. The fiber optic module of claim 1 further comprising:
- an edge connection of a printed circuit board with one or

- 3 more electrical contacts to couple to an edge connector of a host
- 4 printed circuit board.
- 7. The fiber optic module of claim 1 wherein,
- the fiber optic module is an SFP fiber optic module and the
- 3 cage assembly is an SFP cage assembly.
- 1 8. The fiber optic module of claim 1 wherein,
  - the pull-lever actuator includes an EMI shield to contain EMI emissions.
    - 9. The fiber optic module of claim 1 wherein, the pull-lever actuator includes
  - a lever arm to lever between the fiber optic module and the cage assembly to release a hook of the fiber optic module from a latch of the cage assembly.
    - 10. The fiber optic module of claim 1 wherein,
- the pull-lever actuator includes
- a pull grip,
- a lever arm coupled to the pull grip,
- an EMI shield coupled to the lever arm, and
- 6 grounding tabs coupled to the EMI shield.
- 1 11. The fiber optic module of claim 1 wherein,
- the pull-lever actuator includes
- a pull grip having dimples to prevent slippage of a
- 4 user's grip on the pull-lever actuator.

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- 1 12. The fiber optic module of claim 1 wherein,
- the pull-lever actuator includes
- a pull ring to allow a user's finger to pull down and
- 4 out on the pull-lever actuator.
- 1 13. The fiber optic module of claim 1 wherein,
- the pull-lever actuator is formed of a conductive material.
  - 14. The fiber optic module of claim 13 wherein, the pull-lever actuator is formed of metal.
  - 15. A pull-lever actuator for fiber optic modules having one or more electro-optic transducers, the pull-lever actuator comprising:
  - a pull grip to allow a user to grip a first end of the pulllever actuator;
  - a lever arm coupled to the pull grip, the lever arm to lever between the fiber optic module and a cage assembly to release a
- 8 hook of the fiber optic module from a latch of the cage assembly;
- an EMI shield coupled to the lever arm at a second end of the
- 10 pull-lever actuator, the EMI shield to contain EMI emissions; and
- grounding tabs coupled to the EMI shield, the grounding tabs
- 12 to provide a grounding link between the EMI shield and the
- 13 cage assembly.
- 1 16. The pull-lever actuator of claim 15 wherein,
- the pull-lever actuator is activated to disengage and

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- 3 wit
- withdraw the fiber optic module from the cage assembly by a single
  - 4 downward pull action.
- 1 17. The pull-lever actuator of claim 15 wherein,
- the pull grip has dimples.
- 1 18. The pull-lever actuator of claim 15 wherein,
- the pull-lever actuator is formed of metal.
  - 19. The pull-lever actuator of claim 15 wherein, the fiber optic module is an SFP fiber optic module and the cage assembly is an SFP cage assembly.
    - 20. A fiber optic module comprising:
  - means for converting between optical signals and electrical signals; and
  - means for disengaging and withdrawing the fiber optic module from a cage assembly using a downward pull.
- 1 21. The fiber optic module of claim 20 further comprising;
- means for shielding electromagnetic radiation.
- 1 22. The fiber optic module of claim 20 further comprising;
- means for grounding the means for shielding electromagnetic
- 3 radiation.
- 1 23. A method to withdraw a fiber optic module from a cage,
- 2 the method comprising:

- providing a pull-lever actuator for the fiber optic module; 3 4
  - pushing down on an end of the pull-lever actuator to lever a
  - latch and release a catch; and 5
  - pulling out on the end of the pull-lever actuator to withdraw 6
  - the fiber optic module from the cage. 7
  - 24. The method of claim 23 wherein, 1
  - the fiber optic module includes a hook to engage the catch of 2
- the latch of the cage when inserted therein and 3

the pushing down of the end of the pull-lever actuator levers the latch so the catch is disengaged from the hook.

- 25. The method of claim 23 wherein,
- the pushing down and pulling out on the end of the pull-lever actuator is by one motion.
- A method to withdraw a fiber optic module from a cage, 26. the method comprising:
- providing a lever actuator and a pull actuator for the fiber 3
- 4 optic module;

- pushing down on an end of the lever actuator to lever a latch 5
- 6 and release a catch; and
- pulling out on an end of the pull actuator to withdraw the 7
- fiber optic module from the cage. 8
- The method of claim 26 wherein, 27. 1
- the fiber optic module includes a hook to engage the catch of 2
- the latch of the cage when inserted therein and 3

- the pushing down of the end of the lever actuator levers the 4
- latch so the catch is disengaged from the hook. 5
- 28. The method of claim 26 wherein, 1
- 2 the pulling out on the end of the pull actuator withdraws the
- fiber optic module. 3
- A fiber optic module comprising: 1
- 2 a lever actuator to disengage the fiber optic module from a cage assembly;
  - a pull actuator to withdraw the fiber optic module from the cage assembly; and

one or more electro-optic transducers to convert between optical signals and electrical signals.

- 30. The fiber optic module of claim 29 wherein, the lever actuator to lever a latch of a cage and to release a catch of the fiber optic module.
- The fiber optic module of claim 30 wherein, 1
- the catch to engage the latch of the cage to retain the fiber 2
- 3 optic module therein.
- 1 The fiber optic module of claim 29 further comprising:
- an edge connection of a printed circuit board with one or 2
- 3 more electrical contacts to couple to an edge connector of a host
- printed circuit board. 4

- 33. The fiber optic module of claim 29 wherein,
- the fiber optic module is an SFP fiber optic module which can
- 3 be inserted and withdrawn from an SFP cage.
- 1 34. The fiber optic module of claim 29 wherein,
- the pull actuator for a user to pull out on the fiber optic
- 3 module and to withdraw it from a cage.